

Grilled Lamb Salad

Prep time: 30 minutes

Makes: 4 Servings

Grilled lamb is delightful with any green salad, especially this Asian-inspired version.

Ingredients

- 3 green onions (sliced)
- 12 ounces boneless leg of lamb, cut into 1-inch cubes (if cubed lamb is not available at your meat market, ask the butcher to prepare it for you)
- bamboo skewers
- 6 cups shredded Savoy, Napa, or green cabbage
- 2 carrots (shredded)
- 2 tablespoons black or white sesame seeds
- 1 small jicama, julienned (optional)

For the Marinade/Dressing

- 2 tablespoons sugar
- 2 tablespoons rice vinegar
- 3 tablespoons soy sauce, low sodium
- 1/4 cup water
- 1 tablespoon vegetable oil

Directions

1. Mix marinade/dressing ingredients; divide evenly.
2. Place lamb cubes in a glass dish; pour half of the marinade/dressing over the lamb.
3. Cover and refrigerate at least two hours.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	260	
Total Fat	9 g	14%
Protein	23 g	
Carbohydrates	20 g	7%
Dietary Fiber	8 g	32%
Saturated Fat	2.5 g	13%
Sodium	360 mg	15%

MyPlate Food Groups

Vegetables	1 3/4 cups
Protein Foods	3 ounces

4. In a large bowl, toss cabbage, carrots, jicama (optional), onions, and sesame seeds.
5. Remove lamb and discard marinade.
6. Soak bamboo skewers in water for 30 minutes; divide lamb among the 4 skewers.
7. On hot grill, cook the lamb skewers 5-6 minutes per side (or to desired degree of doneness).
8. Remove lamb from skewers, add to salad, and toss.
9. To serve, divide salad evenly on four plates. Drizzle with remaining dressing.

Notes

Serving Suggestions: Serve with nonfat milk and orange slices/wedges.

Tips on Cooking Lamb: Cooking temperature: 145 °F (medium-rare); 160 °F (medium); 170 °F (well-done)

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